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Osceola School District

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Local Wellness Policy

This policy has been developed to meet requirement of the Child Nutrition and WIC Reauthorization Act of 2004.

**Local Wellness Policy Component 1: Nutrition Education**

The primary goal of nutrition education is to influence students' eating behaviors in a positive, developmentally appropriate way.

*Objectives:*

- Students in grades pre-K -12 receive nutrition education that is interactive and teaches the skills they need to adopt healthy eating behaviors.
- Nutrition education is offered in the school cafeteria as well as in the classroom, with coordination between the foodservice staff and teachers.
- To the extent possible, the cafeteria, classroom and the school will work together to provide positive nutrition messages to the students.
- Nutrition education is integrated into the health education curricula.
- Nutrition and physical education will meet State and district health education curriculum standards and guidelines.

Evaluation: Once annually; each building principal will be responsible for assessing his/her schools performance, on the above listed objectives. The final assessment will be submitted to the district administrator.

**Local Wellness Policy Component 2: Physical Activity**

The primary goal for the district's physical activity component is to provide opportunities for every student to develop the knowledge and skills for specific physical activities, maintain lifelong physical fitness, regularly participate in physical activity, and understand the short- and long-term benefits of a physically active and healthful lifestyle.

*Objectives:*

- Student physical activities will meet state standards.
- Students will be given opportunities for physical activity during the school day through daily recess periods, required/elective physical education classes, and the integration of physical activity into the curriculum.
- Students will be given opportunities for physical activity through a range of before/after-school programs including intramurals, competitive/non-competitive athletics, and physical activity clubs.

Evaluation: Once annually; each building principal will be responsible for assessing his/her school's performance, on the above listed objectives. The final assessment will be submitted to the district administrator.

### **Local Wellness Policy Component 3: Establishing Nutrition Standards**

The primary goal for establishing nutrition standards for all foods available on the school campus during the school day is to reduce student access to foods of minimal nutritional value.

#### *Objectives:*

- Encourage in-house fundraisers to use the Competitive Foods and Foods of Minimal Nutritional Value manual as a guide for food sold on campus during instructional hours. (Any questions or for a copy of this guide, contact the food service director)
- It is recommended that foods and beverages sold in vending machines should at a minimum contain some healthy choices. The healthy choices should be priced competitively.
- Encourage parents to provide healthy bag lunches and healthy classroom snacks for parties and celebrations during the school day. It is recommended by the sanitarian that these items be prepackaged. Food service will supply a list of items that could be ordered through the school.

Evaluation: Once annually; each building principal will be responsible for assessing his/her school's performance, on the above listed objectives. The final assessment will be submitted to the district administrator.

### **Local Wellness Policy Component 4: Other School Based Activities Designed to Promote Student Wellness.**

The primary goal for this component is that the District have a school environment that provides consistent wellness messages conducive to healthy eating and being physically active.

#### *Objectives:*

- A pleasant, clean, and safe meal environment for students to dine.
- Students are given adequate time to enjoy eating healthy meals with friends. Lunch will be scheduled as close to the middle of the day as possible.
- Provide enough space and serving areas to ensure student access to school meals with a minimum of wait time.
- It is recommended that students not be denied participation in recess or other physical activity as a form of discipline.
- Food or physical activity should not be used as a reward or punishment.
- Students have access to physical activity facilities outside school hours.

Evaluation: Once annually each building principal will be responsible for assessing his/her school's performance, on the above listed objectives. The final assessment will be submitted to the district administrator.

Legal Ref.:

Wisconsin Statutes Sections 118.01(d)(2), 118.12, 121.02(1)(j)

Wisconsin Administrative Code PI 8.01(2)(j), Child Nutrition  
and WIC Reauthorization Act of 2004  
National School Lunch Act

Adopted  
Revised:

February 2006